I. Call to Order – Meeting called to order by Beverly Garrison.

II. Approval of Minutes
   a. 07.20.2022 minutes
   b. Julie Brown made a motion to approve the minutes.
   c. Cory Huttinga seconded the motion.

III. Public Comment – No public comment.

IV. Announcements
   a. We have a new member – Kayla Lee. She is replacing Marissa Cheplick

V. New Business
   The Guest Speaker is MSU Wellness – Neal Andrews, Exercise & Fitness Specialist.
   a. Discover great health with MUS Wellness!
   b. Virgin Pulse is our new provider and replaces Limeade. They have an app for your phone if you do not like using the computer version.
   c. New to the program:
      a. Retirees
      b. Spouses
      c. Invited friends and family
   d. Whil has been rebranded at ReThink Care.
   e. Don’t forget about the EAP Program that provides up to 4 appointments per individual per incident.
   f. Departmental Awards
      a. Recognize departments within the MUS that actively promote a healthy work environment for employees.
      b. More group challenges!
   g. Wellness Champion – Join the team and help promote Wellness on our campus and within your department.
   h. Well Checks – Preventative Health Screenings
   i. Wellness Education – Webinars, Workshops, and online resources.
   j. Take Control Program – Health Coaching Services to manage chronic diseases or risk conditions such as high blood pressure, high cholesterol, diabetes, obesity, and tobacco cessation.
   k. Wellbaby – a special program, for expectant mothers and families that provides excellent resources and can help save on the costs associated with childbirth and pregnancy.
VI. Previous Business
a. Project Team for Staff Appreciation – Julie Clay & Julie Brown
   i. Elizabeth Olsen moved to approve this project this year.
   ii. Julie Brown seconded the motion.
   iii. Motion passes.

b. Project Team for New Staff Welcome Gift – Susie Beardsley
   i. Julie B moved to create and approve this new project.
   ii. Elizabeth seconded the motion.
   iii. Motion passes.

c. Project Team for Random Acts of Appreciation – Beverly Garrison
   i. Jerry moved to create and approve this project for this year
   ii. Julie Brown seconded the motion
   iii. Motion passes
   iv. Tory Stallings to become the chair of this project.

d. Project Team for Newsletter – Beverly Garrison
   i. Susie Beardsley moved to create and approve the project this year
   ii. Mel Turney seconded the motion
   iii. Motion passes
   iv. Elisabeth Olsen to help the Past Chair this fall.
   v. Mel Turney to train on CMS and start with Elisabeth in January.

VII. President’s Meeting Update – Beverly Garrison
   a. Beverly did not meet with the President before this meeting.

VIII. MUSSA Information – Julie Brown
   a. No MUSSA meeting. There will be a meeting in August; elections for this next year will be held.

IX. Informational Items

Next Meeting: September 21, 2022, in SUB 235